



London Bridge Hospital

BEING DISCHARGED HOME:

The Surgeon and Anaesthetist may visit you prior to going home to let you know how things went, and to give you advice as what to do over the next few days.

You may be prescribed medications to take home with you; these may be pain relieving medication or medications related to your surgery. Your nurse will discuss this with you before going home.

You will be given a letter for your General Practitioner to take home with you; your surgeon will also write to your GP.

If you have had a general anaesthetic you will be given a patient information sheet on what to expect over the next few days.

If you or your relative have any questions before you leave for home, please ensure you speak to a member of the nursing staff.

WHEN YOU GET HOME (General advice only):

You may feel tired; only do as much as you feel able.

Do not operate machinery or drive a car for 24-48 hours after a general anaesthetic. If you have had a local anaesthetic the nursing staff or your consultant will advise when it is safe to drive or operate machinery.

Drink plenty of fluids and eat light meals but do not drink any alcohol for at least 24 hours. If you have had a local anaesthetic the nursing staff will advise you when it is safe to start drinking alcohol.

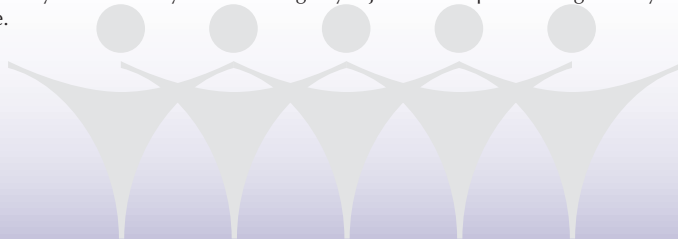
Please follow any specific advice of the nursing and medical staff when taking prescribed medication – including painkillers.

Try to arrange help with bathing or showering as you may feel light-headed when getting out of the bath or unsteady on your feet in the shower for the first 24 hours.

Do not make any important decisions or sign any contracts for at least 24 hours after having had a general anaesthetic or sedation.

ADVICE FOR CARERS:

A RESPONSIBLE ADULT MUST ESCORT YOU HOME AND CARE FOR YOU in the next 24hrs after have had an operation/procedure under IV sedation or general anaesthetic. If you have had a local anaesthetic you might not need an adult to escort you home. If you are having any injections for pain management you may need someone to escort you home.





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The type of care you will need depends on the type of surgery you have had.

Your carer is there to ensure your safety and well being at home. They should help you with the following:

- Escort you home by car or taxi (not public transport)
- Stay with you for 24 hours in your or their home
- Help with household activities such as cooking and cleaning
- Offer plenty of fluids to drink (not alcohol)
- Help you with washing/bathing and getting dressed
- Ensure you take regular painkillers as prescribed/advised
- Run necessary errands for you
- Are aware of common complications following surgery and what to do, such as bleeding, oozing, signs of infection.

After 24-48 hours you should be feeling considerably better and will need less support and help.

QUERIES AND CONCERNS:

If you have any problems you wish to discuss following your operation/procedure, please phone the ward area where you had your operation.

If you were nursed in the Day Surgery Unit and need advice between 9.00pm and 7.00am, please phone **020 7407 3100** and ask to speak to '000', this is a senior nurse in-charge of the hospital. The nurse will answer any queries you may have.

If you feel you need to be seen by a doctor in an emergency, please contact your Consultant, GP or go to your nearest Accident and Emergency Department.

COMMENTS, SUGGESTIONS AND COMPLAINTS:

We welcome your views on our services to help us meet the patients' needs. We hope that your hospital visit will be a pleasant one and our staff will do all they can to ensure that this is the case.

If you have a comment, suggestion or complaint about any aspect of our service, please approach a member of the staff in the department and they will attempt to resolve things as quickly as possible.

You will be given a Patient Feedback booklet to complete. We appreciate the time it takes to complete and encourage your participation.

USEFUL TELEPHONE NUMBERS

Main Reception	020 7407 3100
Reservations	020 7234 2942
Patient Accounts	020 7234 2949/2948/2854
Catering	020 7234 2042
Second Floor	020 7234 2271 / 2530 / 2249
Third Floor	020 7234 2350 / 2349
Fourth Floor	020 7234 2430 / 2431
Fifth Floor	020 7234 2550 / 2549 / 2571
Intensive Care Unit	020 7234 2113
Intensive Care Unit (2)	020 7234 2011
Day Surgery Unit	020 7234 2581 / 2631
Middle-East Department	020 7234 2459
X-Ray	020 7234 2558 / 2773
Outpatients	020 7234 2107 / 2122
GP Liason	020 7234 2009